

## SUMMER 2024

### SCHOOL'S OUT!

#### Holiday Hunger Support

The long summer holidays in Northern Ireland are a difficult time for many families. With the kids at home, their already stretched finances are stretched even further and many will fall into hardship and have to face difficult decisions.

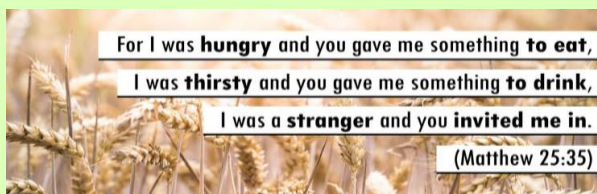
**Northern Ireland is now the only part of the UK where summer holiday support is not available and families receive no help with food costs for their children, who would otherwise receive a meal at school.**

The Department of Education has stated that it "recognises how disappointing this decision has been" but said that "the present financial context" has meant difficult decisions had to be made.

The Trussell Trust NI reported that it gave out 49% more food parcels to families in July and August 2023, after the grant was axed, than it did in the year before.

Many families have no option but to turn to a Foodbank like ours for support to simply feed their children during the summer.

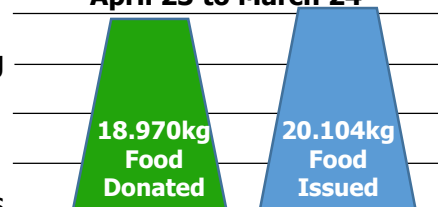
Thanks to the amazing generosity of local people, charities, organisations, businesses and churches, Larne Foodbank has the resources to step in and plug the gap. We have a School's Out Holiday Hunger Scheme set up in place to help out parents by providing items that are most suitable to feeding children during the holidays as well as providing some additional fresh items such as bread, milk, cheese, spread and yoghurts. Larne Foodbank is dedicated to ensuring that no one in the Larne Area needs to go to bed hungry. There's always a helping hand here at Larne Foodbank.



#### Thank you for your donations!

Larne Foodbank would like to say a massive 'THANK YOU' to everyone who donates to us. We are continually humbled by the generosity and kindness of local people, churches, businesses and organisations who get behind us in supporting those who are faced with food poverty in our community. As you can see from this graph the volume of food being donated is incredible and correlates well with the volume of food being issued to those most in need in our community.

#### Food Donated and Issued April 23 to March 24



#### Food Parcels - What's in a bag?

The Trussell Trust has helped us to create a nutritionally-balanced food parcel filled with long-life store cupboard food items. The recipients of food parcels at Larne Foodbank are blown away by what they receive and how many meals they can actually make for the family. Items include; cereal, soup, beans/spaghetti hoops, tinned tomatoes, jars of sauce for pasta/rice, tinned vegetables, tinned meat and fish, rice pudding or custard, tinned fruit, pasta/rice/noodles, instant/tinned potatoes, tea or coffee, pure orange juice or squash, UHT milk and a packet of biscuits.

We are very grateful for any of these items and are always amazed at your response when we call for specific items. At present we have a fantastic stock of baked beans and are not in need of these. We would be delighted if you would be able to help us to build our stock of some of the following staple food items. Summer is a busy period here at Larne Foodbank and before we know it, it will be time to prepare for Winter and Christmas!

#### SHOPPING LIST

- 1ltr Carton of UHT Milk
- Jars of Sauce for Pasta/Rice
- Instant/Tinned Potatoes
- 1kg/500g Dried Pasta or Rice
- Tinned Fruit
- Tinned Meat or Fish
- Tinned Vegetables
- Long-Life Fruit Juice or Squash

#### Opening Hours during Summer

We are so grateful for the hard work of our volunteers throughout the year. In summer, we like to allow our volunteers a summer break for a time of important rest. Our summer holidays are:

**The final session will be:** Wednesday 10<sup>th</sup> July 5pm-6.30pm

**We will be closed:** Friday 12<sup>th</sup> July – Saturday 20<sup>th</sup> July

**We will reopen on:** Tuesday 23<sup>rd</sup> July 1pm-3pm

*(Office Hours and drop off donations will resume on Monday 22<sup>nd</sup> July)*

**For food emergencies** please contact us by email: [info@larne.foodbank.org.uk](mailto:info@larne.foodbank.org.uk) and someone will get back to you as soon as possible.